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What Shall We Have for Thanksgiving Dinner?

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members of this organization have already done indicates that these resolutions are something more than mere resolutions, are real problems, in fact, which give promise of being solved to some extent. Besides assisting the national organization in their work for national prohibition the Iowa W. C. T. U. members have accomplished many things in Iowa.

The compulsory school law in effect in Iowa today was petitioned for and secured through the influence of the state W. C. T. U.

Temperance Sunday for Sunday schools of the state and the scientific temperance instruction law for schools and colleges are measures secured by the Union.

The Benedict Home, a voluntary re-

formatory for girls, was founded in 1882. Free instruction is given at this institution for a year. Similar needs are cared for by a compulsory reformatory for women established by the legislature last year. Petitions for this reform were presented first in 1884.

Care of children is the subject of many pamphlets issued by the health department of the Union and for further spread of intelligent information, thousands of mother's meetings are held each year.

W. C. T. U. plans and offers subjects for school oratorical contests on prohibition and other reforms. Forensic ability is developed with the inculcation of ideals in the youth of the state.

The anti cigaret law may be traced directly to the influence of W. C. T. U.

propaganda. The repeal of this law was prevented at two different sessions of legislature by Union influence, thru the medium of thousands of letters and traveling lectures.

Suffrage adherents may thank W. C. T. U. for being an important factor in the granting of the ballot for women. The vote as a moral agency has been a recognized fact for years and civic reform is insisted on by the Union.

Every kind of war work was supported by these women, a library at Fort Des Moines, comforts for the men in service, recreation rooms, and "mothers" at the camps.

With a record like this one, of things really accomplished, their new goal of world prohibition does not seem impossible.

What Shall We Have for Thanksgiving Dinner?

By BETH BAILEY, Associate Professor of Home Economics

DO YOU want new ideas for Thanksgiving dinner.

I don't.

Why should we carry the search for new ideas into the menu of this strictly American feast day?

Why not rather preserve the old national dishes and family traditions?

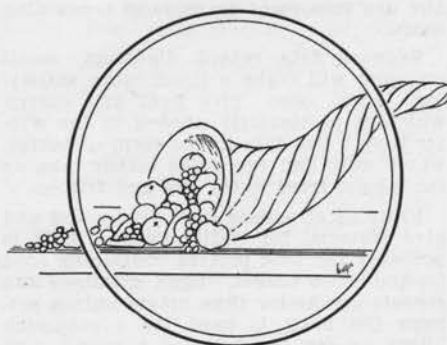
Thanksgiving is a time of homecoming, a time of thanks for the harvest stored for the coming year. Never are the markets more beautifully supplied with fruits, nuts and vegetables. What better dinner can we have for Thanksgiving than one like mother used to have?

Just as the Pilgrims at that first "Thanks day" had wild turkey as their "piece de resistance," so in most homes turkey or poultry of some kind forms the main dish around which we build. Benjamin Franklin insisted that the turkey, "which is certainly a finer bird than the eagle, less vicious and infinitely more useful," should have been chosen as the national emblem. Surely nothing could more inspire national pride than the sight of a steaming, golden brown, well trussed, goodly stuffed turkey.

As to stuffing, every family has a special kind peculiar to its line of cooks. There is a dressing made of oysters or apples or chestnuts, beside the usual bread mixtures flavored with sage or other seasonings. One woman said that her turkey never tasted like her grandmother's until she found that a bit of marjoram and thyme was used with the bread dressing. So turkey, goose or chicken comes to the Thanksgiving table seasoned according to family tradition.

For the vegetables, no doubt mashed potatoes with giblet gravy is in best favor. Some folks insist on glazed sweet potatoes or buttered peas, tho the second vegetable is quite incidental in such an interesting menu. Of course we have celery. At this season it is in its prime and it's crispness is very welcome.

To many families escalloped oysters are a necessary part of the meal. Gastronomically oysters would be better served at the first part of the meal as a cocktail with a piquant sauce of horseradish, worchestershire, and chili sauce. Oyster soup is far too filling when so many good things are to follow.



As to cranberries, no Thanksgiving is quite complete without them. They may appear on the table as an ice, as strained jelly, or cooked into an old-fashioned sauce with skins and "everything" included. Cranberries are not exclusively American since they grow also in Europe but thru cultivation the American cranberry has developed a much finer flavor than the European. So we must have plenty of cranberries for Thanksgiving dinner.

If there is a salad, it is a simple one with a French or boiled dressing rather than mayonnaise. Cole slaw with a sour cream dressing is an annual dish in some families. Sections of grapefruit and oranges with a French dressing is a pleasing salad. A sweet fruit or a meat or fish salad is too heavy for this meal. If the dinner has begun with a fruit cocktail of some kind, marinated shredded lettuce with toasted cheese or crackers is a good salad.

As to dessert—pie is as thoroly an American dish as turkey or cranberries. Tho as far back as 1590, Greene in his *Arcadia* wrote "thy breath is like the steam of apple pie," it is not likely that those apple pies were the same as our apple pies. English tarts and French pastry may resemble but never excell the savoriness of a real American pie. For one reason our apples have a much better flavor than apples of other countries.

Could any dish vary more in seasoning than apple pie. It may be seasoned with nutmeg, cinnamon, cloves, or even vanilla. The crust is, of course, flaky and

tender—and speaking of crusts, could any English coat of arms be more characteristic than the design on the crust of the family pie? Be it fern or initials or spray, the design passes down from mother to daughter with careful precision—a culinary heritage to be recognized among the thousands.

Pumpkin, next to apple pie is the most characteristic of American pies. Here again the pie may be fat or thin, dark or light, a custard or puree and possessed of much or little spice. Some kind of pumpkin pie is usually a part of the Thanksgiving dinner.

Cheese is served with the apple pie and the pumpkin pie is topped with whipped cream or ice cream to make it perfect.

One family serves a dessert of Norwegian origin of chilled clabbered milk annually on Thanksgiving day. Some families may like another kind of frozen dessert but few will give up the claims of one or two kinds of pie.

When the main part of the meal is over and everyone has reached a delightful state of uncomfortableness nuts, candy and fruits are passed. Just when to begin serving coffee is a matter for the family to decide. Most families begin with the main course and keep the cups filled to the last. Few families will eat their dinner without coffee, for is America not the greatest coffee drinking nation in the world.

In this way the Thanksgiving dinner retains a national and family spirit, but in maintaining this spirit the fundamental laws of meal planning must not be entirely overlooked. If the digestive systems are overtaxed with too many foods rich in fat and sugar the day may end less happily than it began. The following menu for a Thanksgiving dinner is well balanced, and typically American:

Half of Grapefruit		
Roast Turkey-Dressing-Mashed Potatoes		
Giblet Gravy		
Celery	Rolls	
Shredded Lettuce	French Dressing	
Horseradish	Sandwich	
Apple Pie	Cheese	
Pumpkin Pie	Whipped Cream	
Nuts	Coffee	
	Candy	Fruit